With folded hands, I thank my beloved India—
Land of the Buddha, cradle of the Dhamma.
To the Government and kind Visa Officers,
who have opened the gates of this sacred soil
to countless seekers from distant lands—
your generosity has nourished our hearts.

India remains a refuge,
where the journey inward begins,
and the path of purification shines.

The Hands That Guided Me

This book serves as my sincere tribute and profound repayment of gratitude to S. N. Goenka, our revered Teacher and nurturing guide, for freeing me from mental suffering during my transformative first 10-Day Vipassana Meditation Course in July 1999.

I want to express my heartfelt thanks to Kory Goldberg for inspiring me to embark on the process of selecting the finest-quality photos of my paintings, which beautifully respect my progression in Dhamma. His encouragement has been a guiding light, motivating me not only to refine this collection but also to paint the missing expressions of gratitude to the various teachers who have contributed to this remarkable tradition.

With the deepest gratitude, I extend my thanks to Dr. Melvin Chagas Silva for not only improving my English but for transforming it into this extraordinary and eloquent description of what the paintings so vividly depict.

Introduction

Painting, combined with the unique talent of dyslexia, has transformed my understanding of myself. It helped me realize that I was not merely the "stupid black sheep" who struggled to read in school. Instead, my emotional intelligence and boundless creativity were gifts, at least equal to, if not surpassing, traditional notions of intelligence.

After travelling extensively through more than 80 countries, I encountered Vipassana in 1999 in Muscat, Oman, where I lived for 17 years.
This profound practice led me to an inner stillness and immersion far more fulfilling than anything I had experienced before. It bathed me in happiness, replacing the darkness of depression.

Since that life-changing discovery, meditation has become my absolute priority. Naturally, I turned to painting as a way to express the transformative events and emotions that words could never fully capture."

Artist: Andree Francois,
a humble member of Vipassana Community

Sayagyi U Ba Khin's first course, at Pyawbwegyi, in the Dhamma Hall instructed by Saya Thetgyi

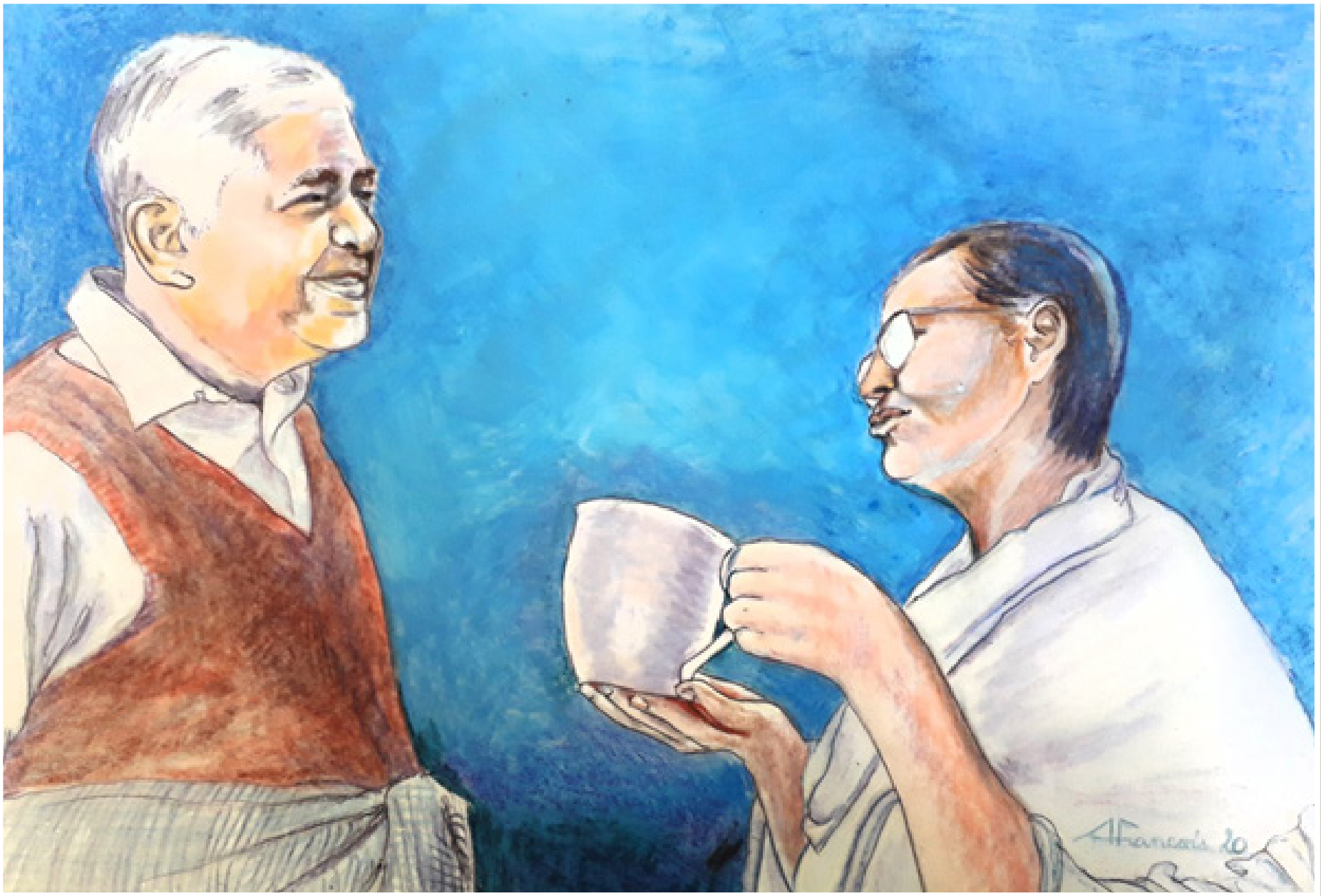
IMC Pagoda: Sayagyi Ba Khin's Pagoda at the International Meditation Centre, Yangon, painted to celebrate Senior Vipassana Teacher Shantiben's 91st Birthday

आर्य-मौन
WARD NO.15
VIPASSANA

In April 1994, Dr. Kiran Bedi, then Inspector General of Prisons, initiated efforts to transform the mindset of inmates at Tihar Jail, Delhi. Rajinder Kumar, Assistant Superintendent of Tihar Jail and a former Vipassana meditation practitioner, briefed her on his experience with the technique. Consequently, the largest modern-day 10-day Vipassana meditation course was conducted at Tihar Jail, led by Shri S.N. Goenka, his wife, and Ram Singh, Home Secretary of Rajasthan. The course, held under a protective tent, saw the participation of 1,000 prisoners, marking a historic moment in prison reform through meditation.

While walking with Goenkaji along Juhu Beach in Mumbai, Bill Hart asked him a question about Bodhisattvas. Goenkaji explained that Bodhisattvas come very close to the gate of purity, able to glimpse through but never pass beyond. He shared that this understanding was based on what Sayagyi U Ba Khin had taught him. However, Bill remarked that Goenkaji was likely describing himself.

Indu's Father in Dhamma Khetta



Goenkaji seen with a student requesting masala chai in the afternoon at 5 PM (holding tea cup), Guruji was always in favour, but after few days again the chai was missing, and needed to be requested again.

Goenkaji leading with the Wheel of Dhamma, with Dhananjay lending his shoulder in support.

A François 23

Goenkaji and Mataji with the crystal donated by Bikram Dandiya. During a visit to Brazil, Bikram discovered a large crystal, had it intricately sculpted and set in a gemstone-encrusted support, and offered it to crown the Global Pagoda.

Daryushji sitting at the feet of Goenkaji on the rotating platform, in the centre of the Global Pagoda

Goenkaji 80 years old, in blue longyi. Painting executed for Nilesh Vikamsey, for giving me so much support at a difficult time.

Goenkaji 90 years old, giving a Dhamma talk just under the Myanmar Gate, during his last visit to Dhamma Giri

Goenkaji official portrait on his US visit
done in grey for Dr Savla

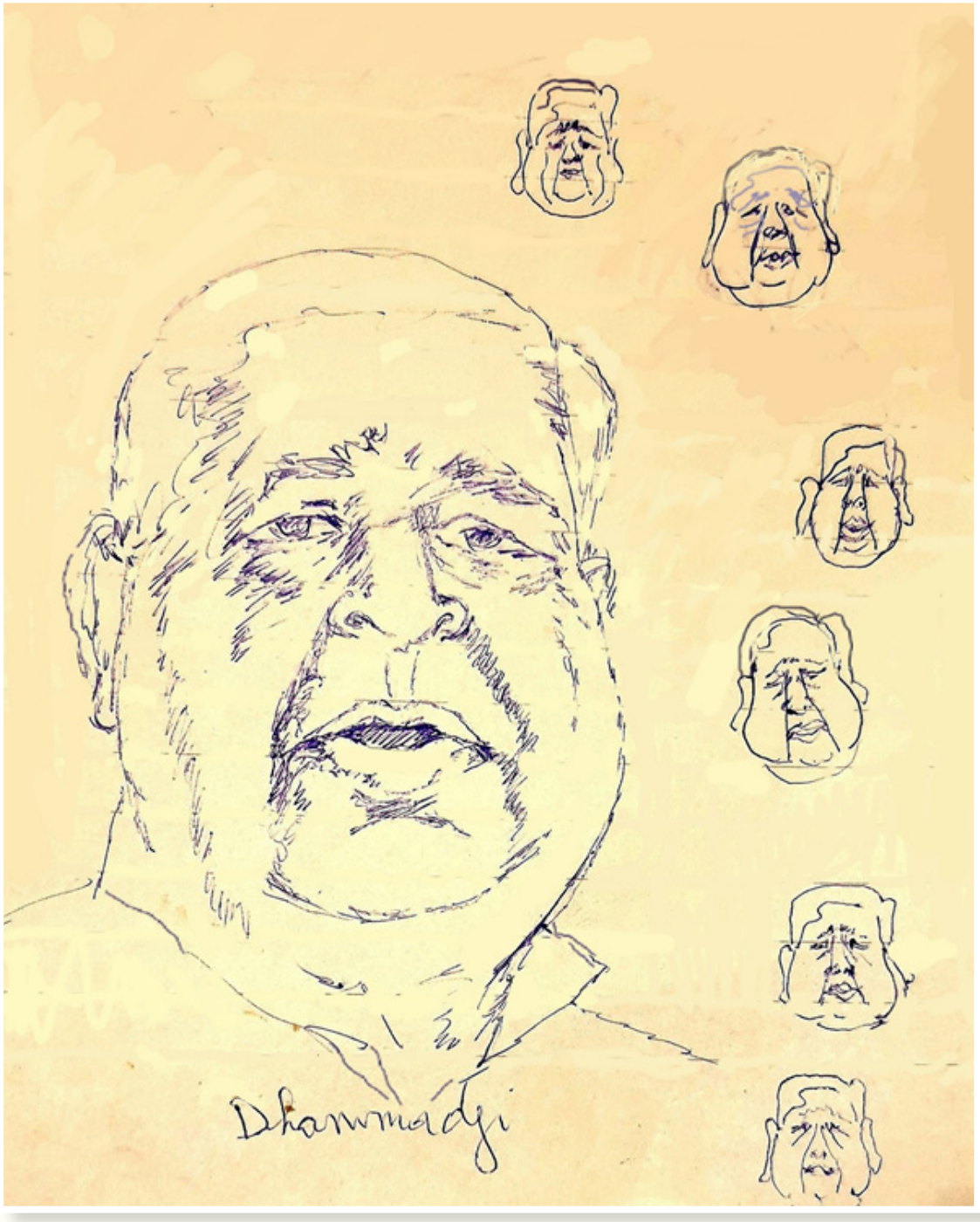
Mural painting at Bungalow 15,
Sayagyi U Ba Khin Dhammagiri Village at Igatpuri.

MOHA
DHAMMA
BUDDHA
SANGHA
DITTHI
MANA
KHANTI
SAMMA VAYAMA
SAMMA SATI
SAMMA SANKAPA
SAMMA DITTHI
ADHITTANA
SILA
NEKKHAMA
PANNA
VIRIYA
SAMMA SAMADHI
SAMMA VACA
METTA
SAMMA KAMMANTA
DANA
UPEKKHA
SACCA
SUTA-MAYA PANNA
KUKKUCCA
MACCHARIYA
LOBHA
VICIKICCHASS
ISSA
MUDITA
DOSA
ANATTA
PUKKHA
ANICCA
SADDHA
LOBHA
KAMA CCHANDA
THINA-MIDDHA
VYA PADA

Goenkaji's message beautifully embodies the essence of the Buddha teachings by emphasizing the universality and practicality of Dhamma. His approach to Vipassana meditation-focusing on self-transformation through self-observation.

Goenkaji's kindness, reflective of his maternal qualities. painting done from photo taken during the pilgrimage in Burma in 2003.

Goenkaji sending Metta in Polonnaruwa in the North East of Sri Lanka



Multiple sketches of Goenkaji

At the time of Emperor Ashoka, the Dhamma was sent from India to Burma.
2500 years after, the Dhamma returned back to India, its country of origin through the person of S.N. GOENKA.

Goenkaji has fulfilled his task spreading Vipassana world wide.

MYANMAR YATRA IN 2003

In Rangoon the resplendent Shwedagon Pagoda is the heart of the city and jewel of the country.

The sky of Mandalay witnesses the Burmese tolerance to all religions

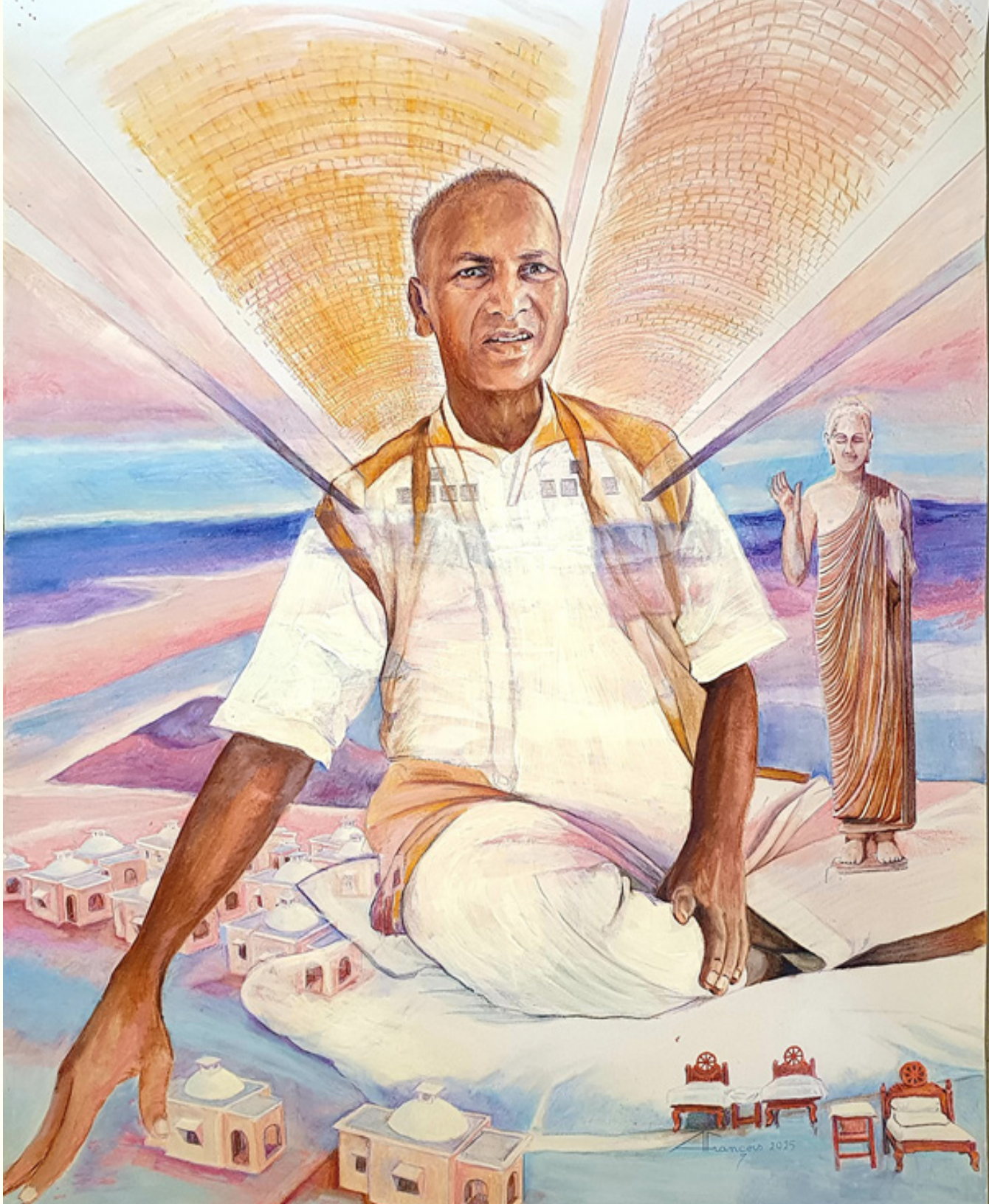
Dhamma Mogok, in the land of rubies.
The visit of Goenkaji provided the
opportunity to crown the pagoda cells
officially. We were 300 pilgrims, sleeping
in 6 beds each bed sheltering 50 persons.
They had given us 300 new blankets,
and in the high altitude cold, they
managed to bring hot water for all of us.
The Burmese phrase Mingalaba is the
equivalent of Mangal ho in Hindia which
means May you be happy.

Shwedagon Mandala: In 2003, when I was back home in Oman, after the historical pilgrimage in Burma, following Goenkaji all the way to Mogok, I went to the Nathi desert, and this vision of a Sweedagon mandala came to the inner eyelids. That vision was so sharp that I could paint it afterwards.

The Vipassana Centres and the Teachers

Dhamma Dharani, Sri Lanka, called locally the “Land of Arahants” is bordered by lotus ponds, and paddy fields.

Mohan Raj Adlaji is the Centre Teacher of Dhamma Nagajjuna, located halfway between Hyderabad and Bangalore. He is another of our powerful Long Course Teachers in the Vipassana tradition, deeply rooted in the lineage of Sayagyi U Ba Khin and Goenkaji.



Meenaben Tank has been my Teacher for many Long courses. This painting has been executed as an expression of my deepest Gratitude for her and her profound 60-Day teaching experience. As she continuously sends mettā to all of us, we feel inspired—indeed, obliged—to meditate with the same continuity, day and night. It is this very continuity that is the key to success on the path.

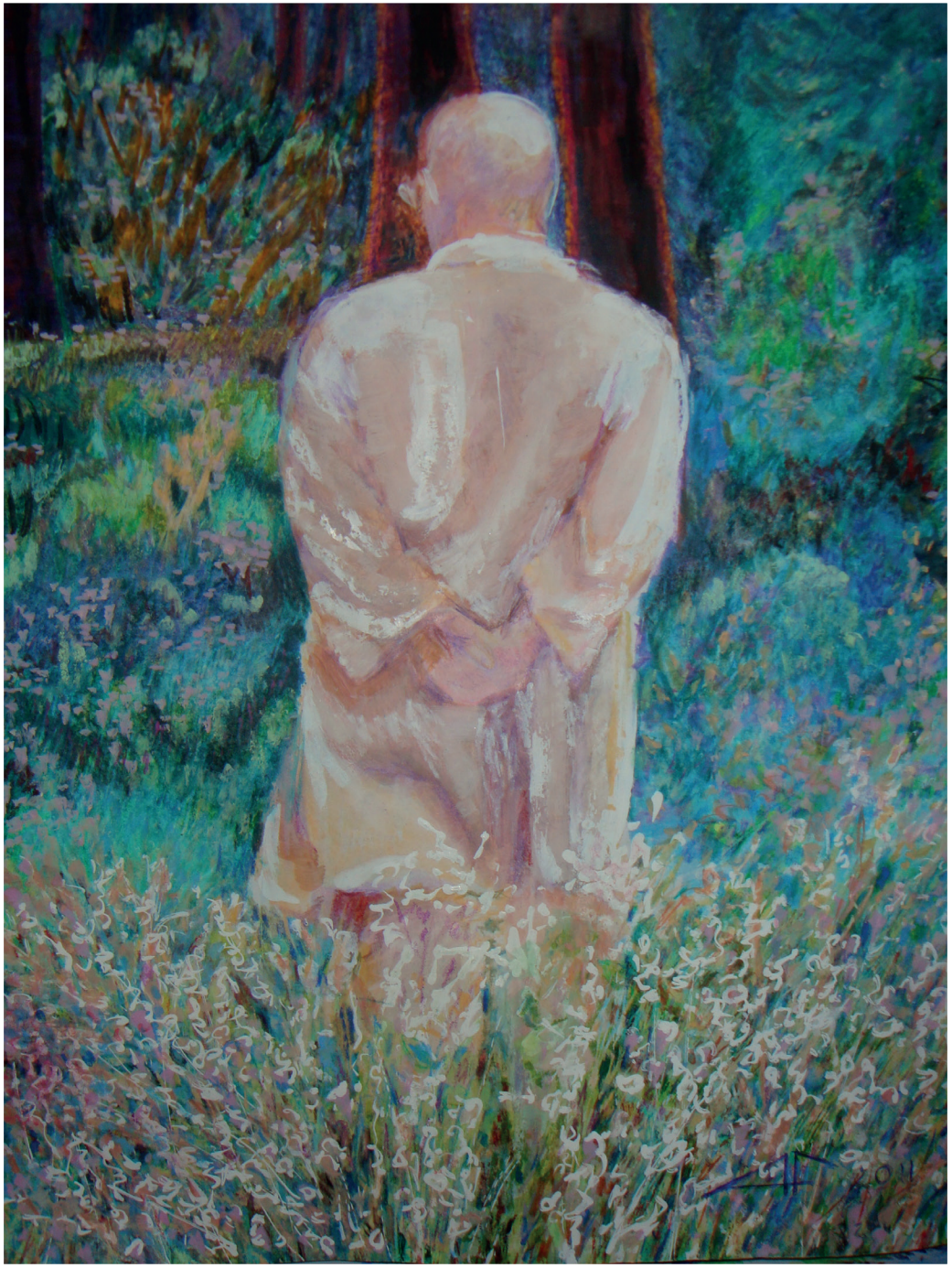
The view of the sea from the huge thatched roof during that 1st course out of Dhamma Mahi, conducted by Daniel Mayer.

In Brittany, in 2004, during the first course out of Dhamma Mahi (France). Painting depicting each of the team of servers with a respective dolmen, all under the huge thatched roof that goes down all the way to the ground.

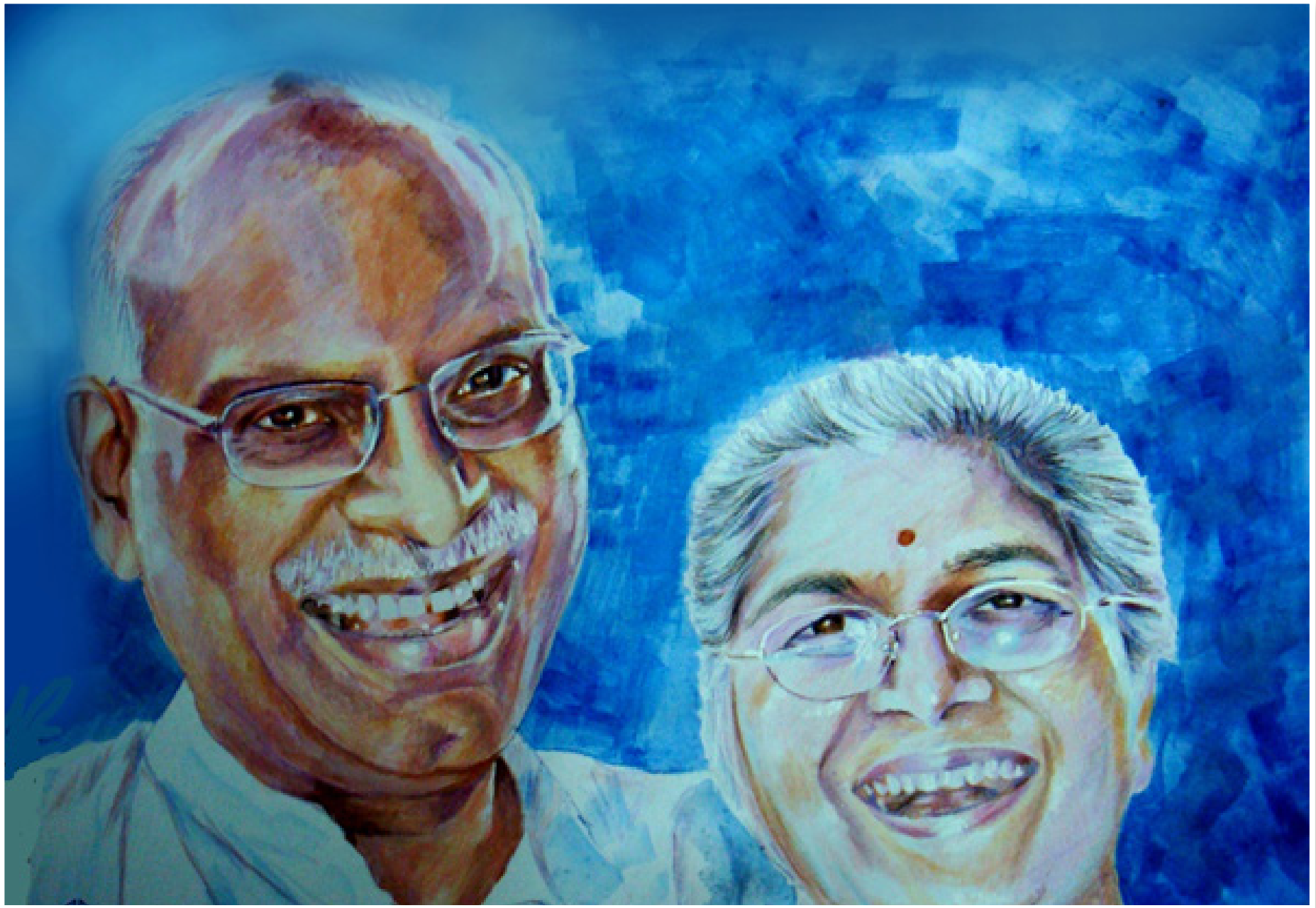
Daniel Mayer, at 83 years young, keeps flying between Africa, Sri Lanka, India, Siberia and South America,

Daniel Mayer is living on an aeroplane, propelled by a Dhamma Wheel

Daniel Mayer already in his pyjamas, had to wake up at midnight to go to Goenkaji's room to translate from Spanish for a student who had complaints about the discipline. All those paintings were done to depict events from Daniel's life, for an episode of the Insight Myanmar podcast, recorded on the 13 August 2021 by it's founder Joah McGee. Daniel is a senior Teacher (Acharya) and Coordinating Area Teacher of Africa blessed with the ability to speak 8 different languages.



Service in August 2011, Brian Wagner conducting his very first course at Dhamma Pajjota Belgium



In November 2010, in Dhamma Tapovan 1, a 45-Day was conducted by Dr and Mrs Ganla. They have dedicated their lives to serve the Dhamma.

Karma Jigmee Dawa, Senior Assistant Teacher in Sikkim, supporting Dhamma Sineru

PALI Teachers: DR Panth, S.N. Tendon, and Sean Kerr

Dhamma Sineru, Sikkim, 10-Day Course conducted by Sheela Devi Chaurasia with the supporting vibrations of Goenkaji and a Blue Buddha to match the blue of all the roofs

Dhamma Sikkim, 20 minutes from the airport (the highest in India), is a celebration of birds in nature on a steep slope

Sonam Lepcha, previous Minister of Forest in traditional LEPCHA costume, the original inhabitants of Sikkim. The background depicts the white heads of Himalayan mountains visible from Dhamma Sineru

Dhamma Sineru, rainbow fields of the multicoloured rhododendron blossoms, with the Himalayan Mountain range visible from the Centre, in the distance, culminating at 8,598 m with the Kangchenjunga double peaks, celebrating brotherhood.

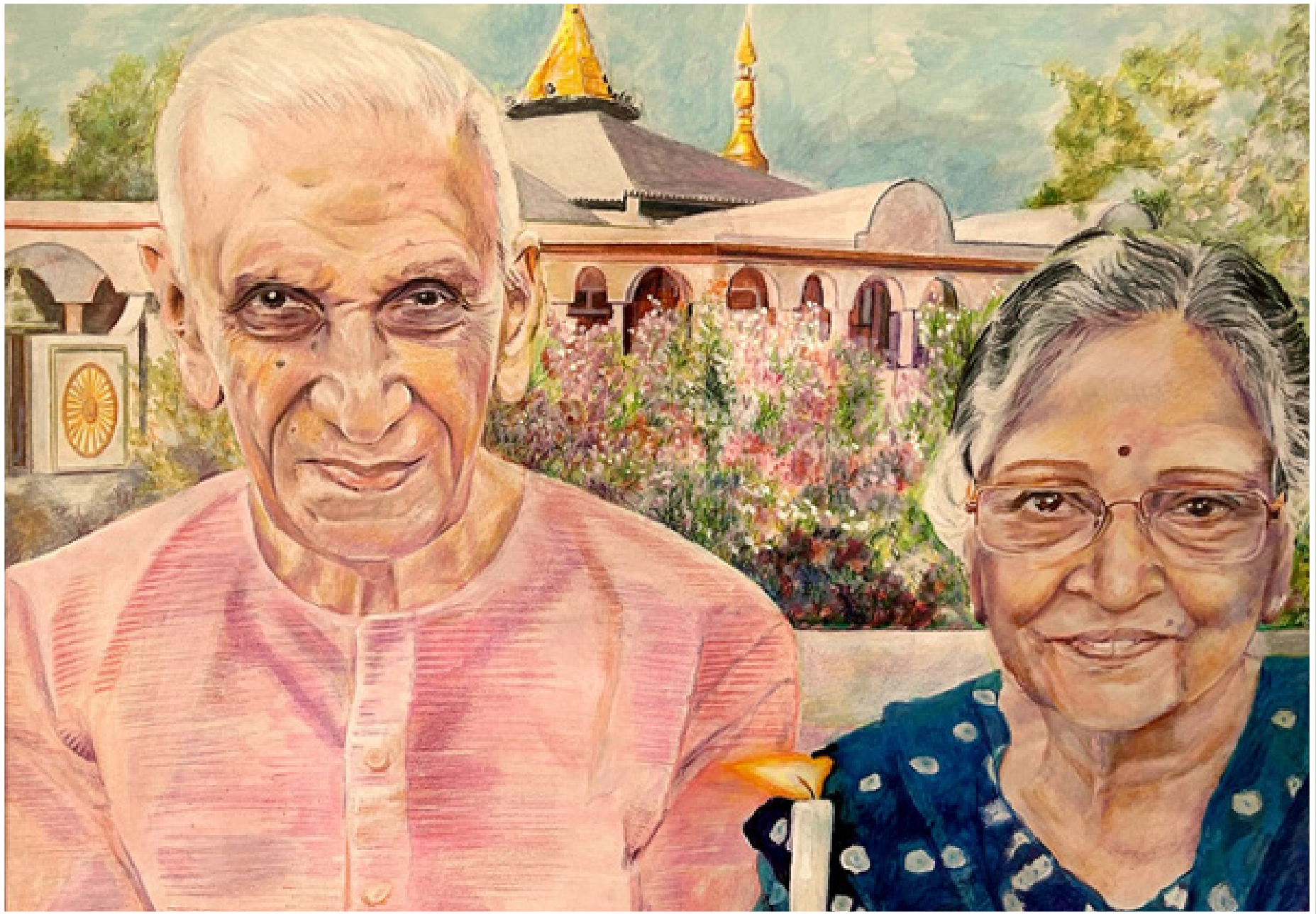
DHAMMA Sineru and Dhamma Sikkim in the vicinity of the mythical Kangchenjunga Mountain (mural in Bungalow 15, Sayagyi U Ba Khin Village, Igatpuri.

Ashoka Pillar at the entrance of Myanmar Gate, on the way to Dhamma Giri, Dhamma Tapovan 1, and Tapovan 2.

Dhamma Sindhu, on the full moon day of December 5th 2006 which marked the 18th day of my 1st 30-Day Vipassana course.

From Dhamma Sindhu a forty minute walk to the seaside is marked by a monument which identifies the historical meeting of Ashoka with his son Mahindra and daughter Sangha Mitta, before they take the boat to Sri Lanka carrying with them the Dhamma. Artistic liberty was taken to paint it in the centre of Dhamma Sindhu.

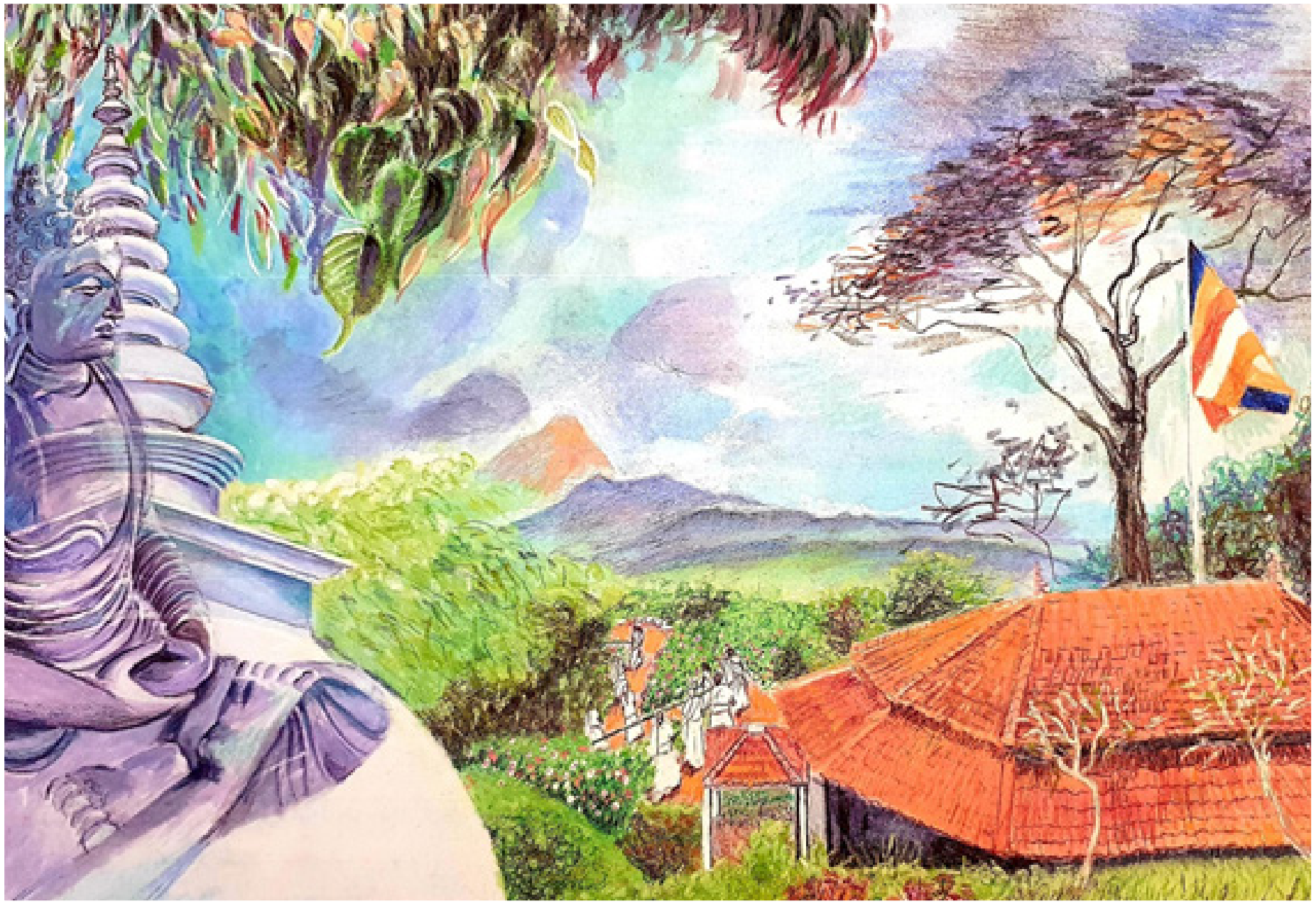
Goenkaji has said: from the time of Ashoka till now, nothing bad has been done from the Vipassana Centre to the sea. The intense purity of this Meditation Centre will maintain it to up to the end of the 500 years of Vipassana.



Dr BG & Pushpaben Savla in front of the Dhamma Hall of Dhamma Sindhu. They have dedicated their whole life of service to the Dhamma

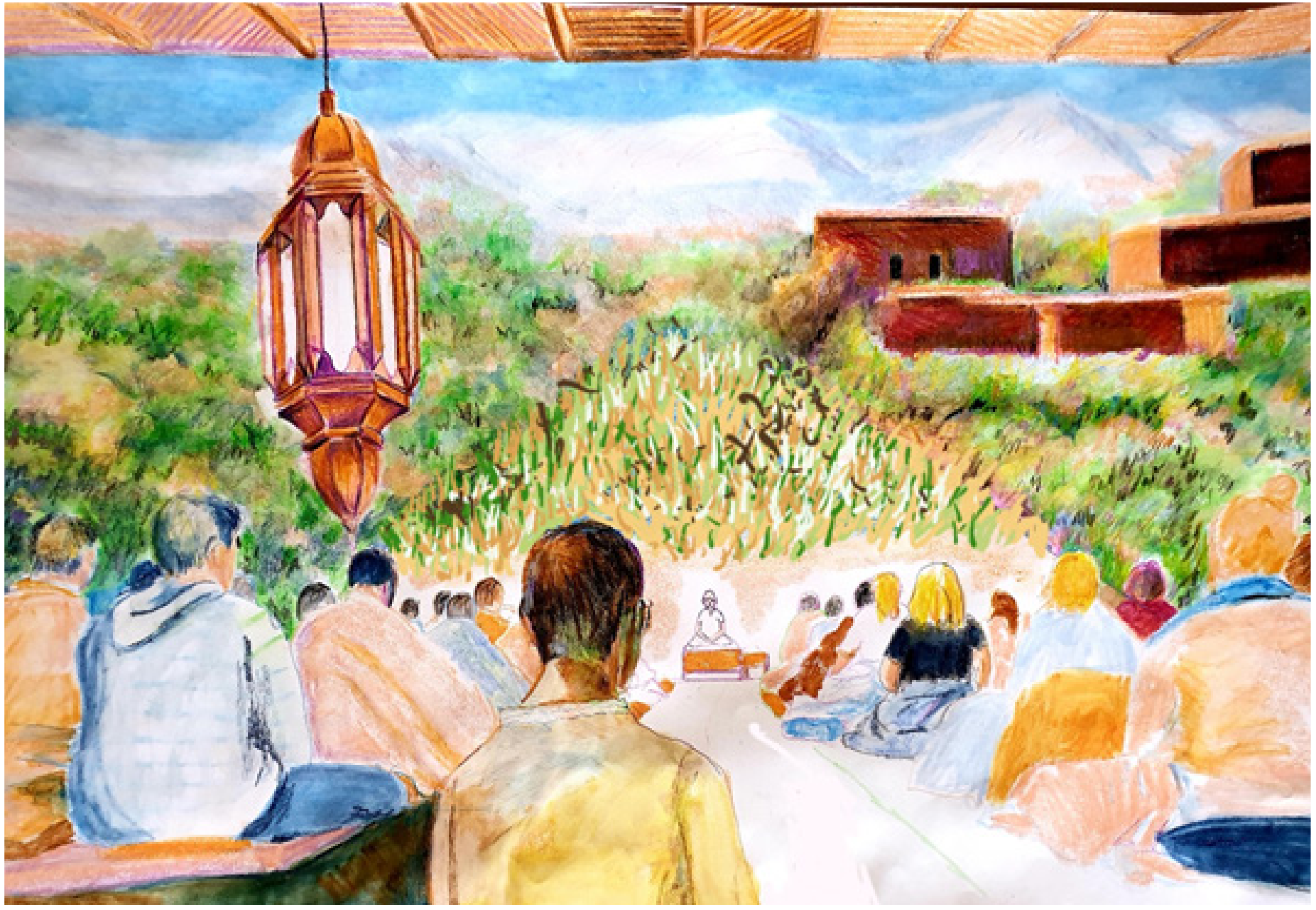
Dhamma Laddha, near Leh, In Ladakh, at 3,500 m altitude to experience deep calm and tranquillity ably nurtured by senior Teacher Pramod Bhave with care and fortitude.

Dhamma Giri's dry grass burning day and night before the monsoon season. The Zoroastrian silent tower and fire Temple are located far away but can be seen from "R" rooms on the female student side.



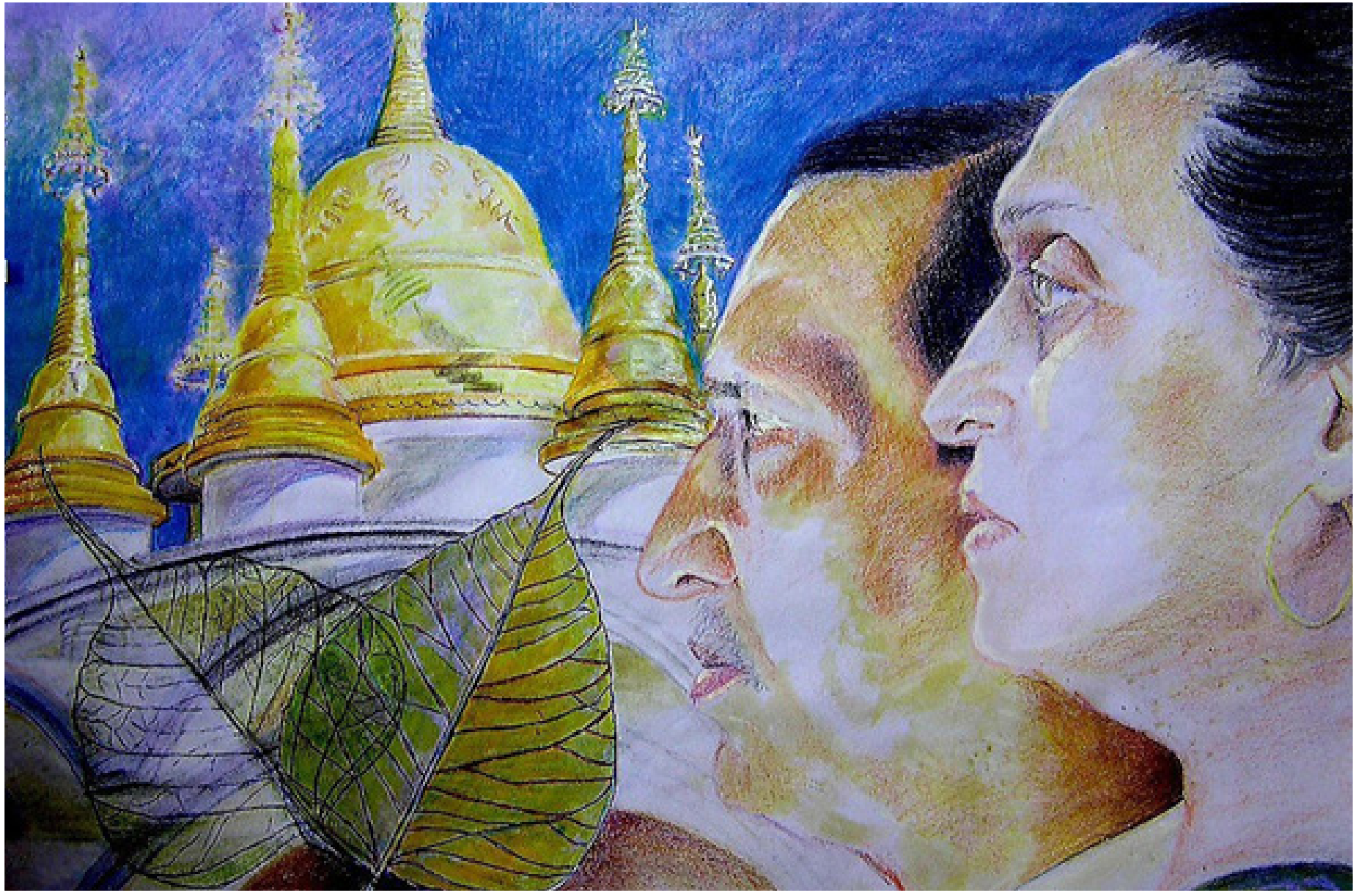
Dhamma Kuta, Kandy, Sri Lanka with its white Stupa and old Dhamma Hall in the foreground. Adam's peak stands in the distance.

August course in 40° Celsius heat at Marakech in Morocco. All the students dreaming of the swimming pool, including the cat

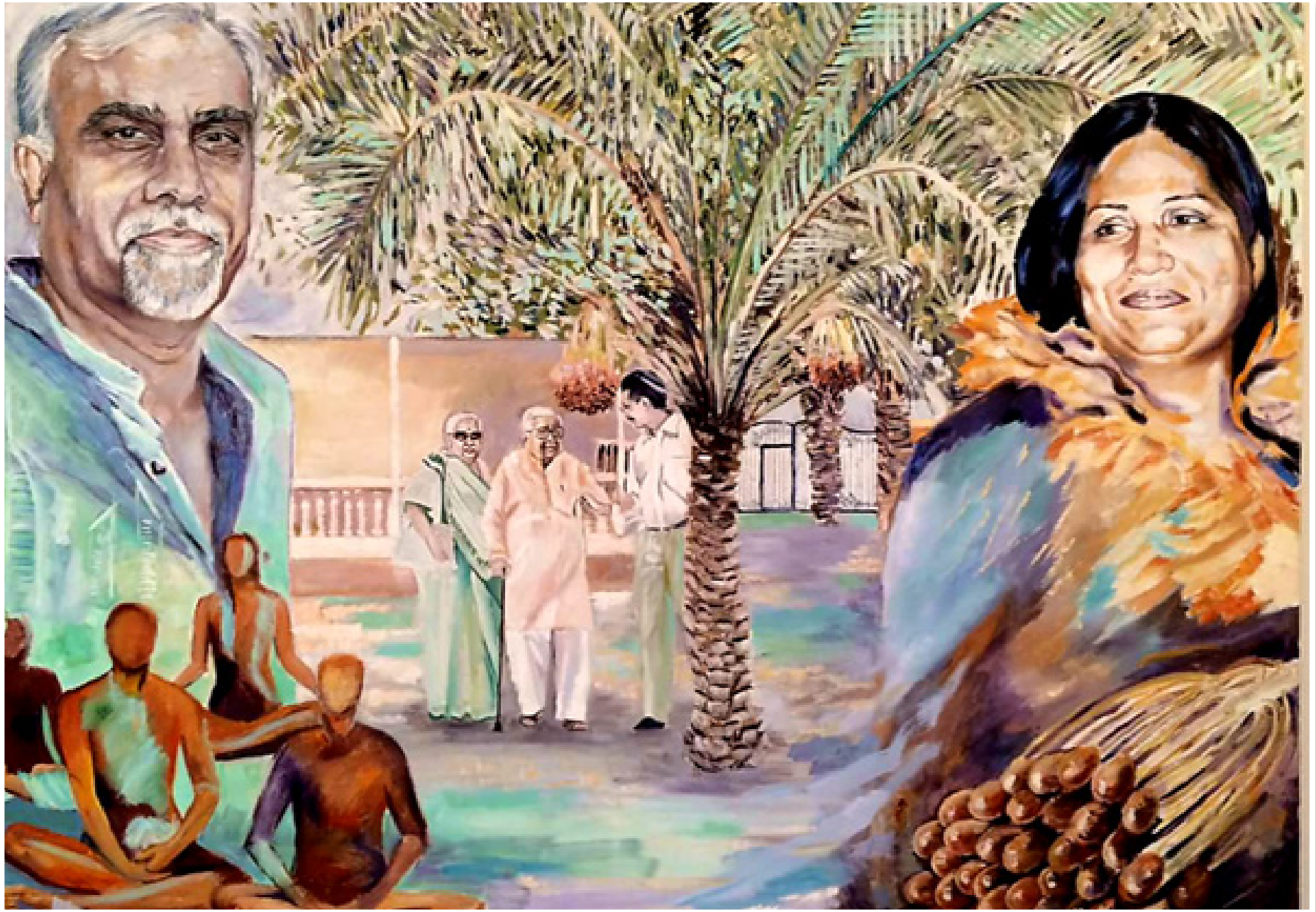


Official Version for Marrakech's vipassana newsletter; the dream and the cat have vanished. Daniel Mayer was conducting, Youssef was in training

2nd Noble Truth experienced at the Global Pagoda: Craving is suffering



Abhijit's parents after sitting a 10-Day Course in Dhamma Bodhi, before we tour all the sites linked with the Buddha in pilgrimage. Taking 8 precepts every morning, practicing generosity, and meditating at each site to appreciate the specific vibrations of each one.



Shanti & Ramesh Sawlani on 20 acres land for a possible Vipassana Centre near Dubai. Goenkaji and Mataji are walking on the land with the gentle arm support of Dr Dhananjay. My husband Claude and me are sitting at the front

Dhamma Service: Dhamma Servers (Toko who is Japanese, and Alex, who is German), striking the gong and radiating metta through the whole of Dhamma Mahi (France)

In June 2012 a 10-Day was conducted by Dr Vichit and Mrs Pornphen from Thailand, in Dhamma Mahi (France) I was giving translation service.

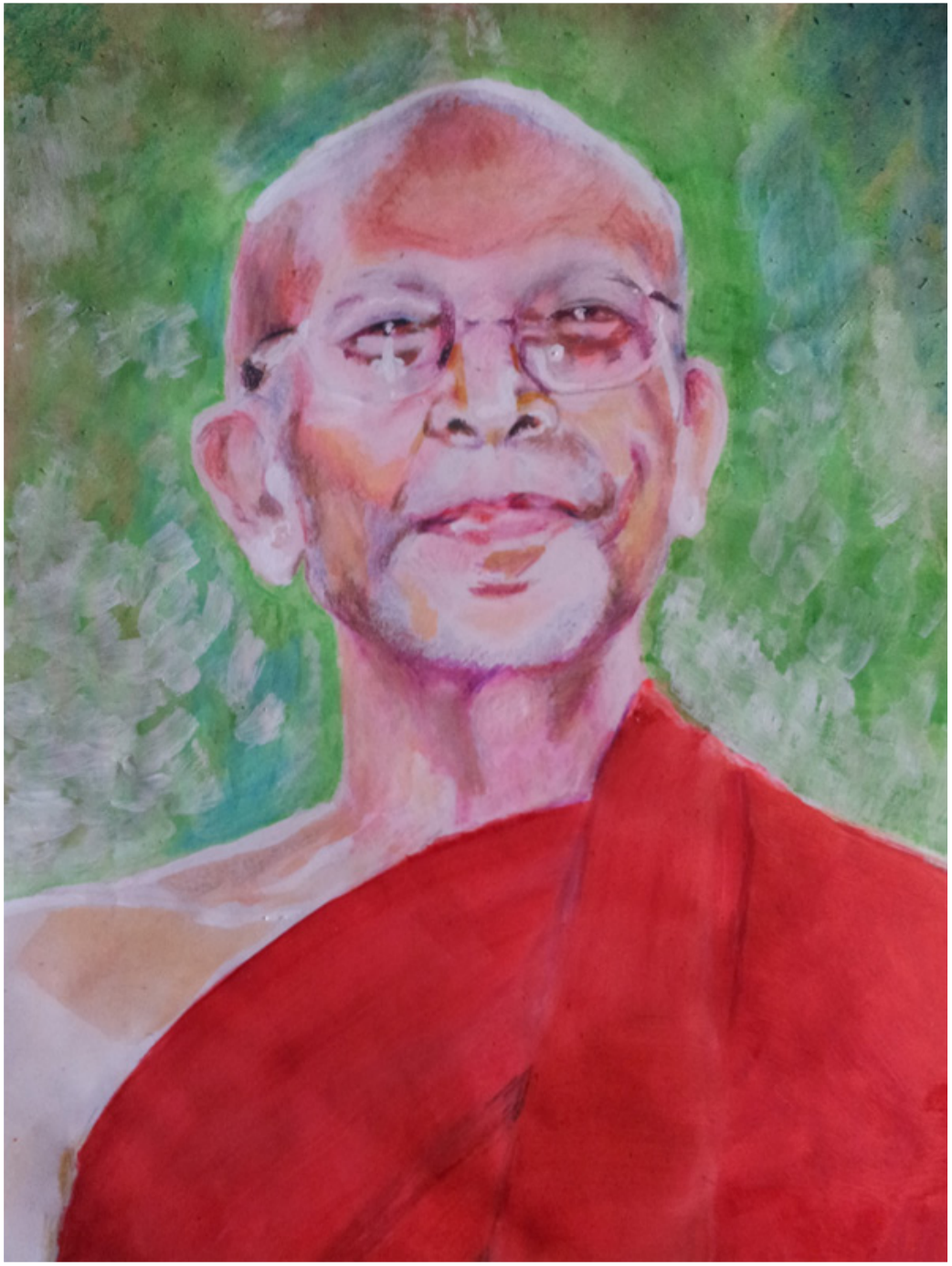
Opening the cage of suffering, in Dhamma Mahi, and letting the bird of happiness flying free.

Brian Wagner Senior Vipassana Teacher in South Africa: “To be happy is to be free of Fear. Fear is like a toxin that runs through much of our thinking. It makes us feel insecure, brings feelings of loss, loneliness, inadequacy and attachment. So, learn to appreciate and care for yourself in a way that reflects your real value”.

The Centre at Dhamma Thali (Jaipur), steered by Sher Singh Jain, is sited in the heart of a Nature Reserve and is visited by beautiful peacocks.

Dhamma Thali pagoda with it's spires alight

Dhamma Bodhi Pagoda, in Rajasthani style of architecture, is on the powerful land near Bodh Gaya. In the little blue house of that Centre, the Dhamma seats of Guruji and Mataji touched me by their humble simplicity

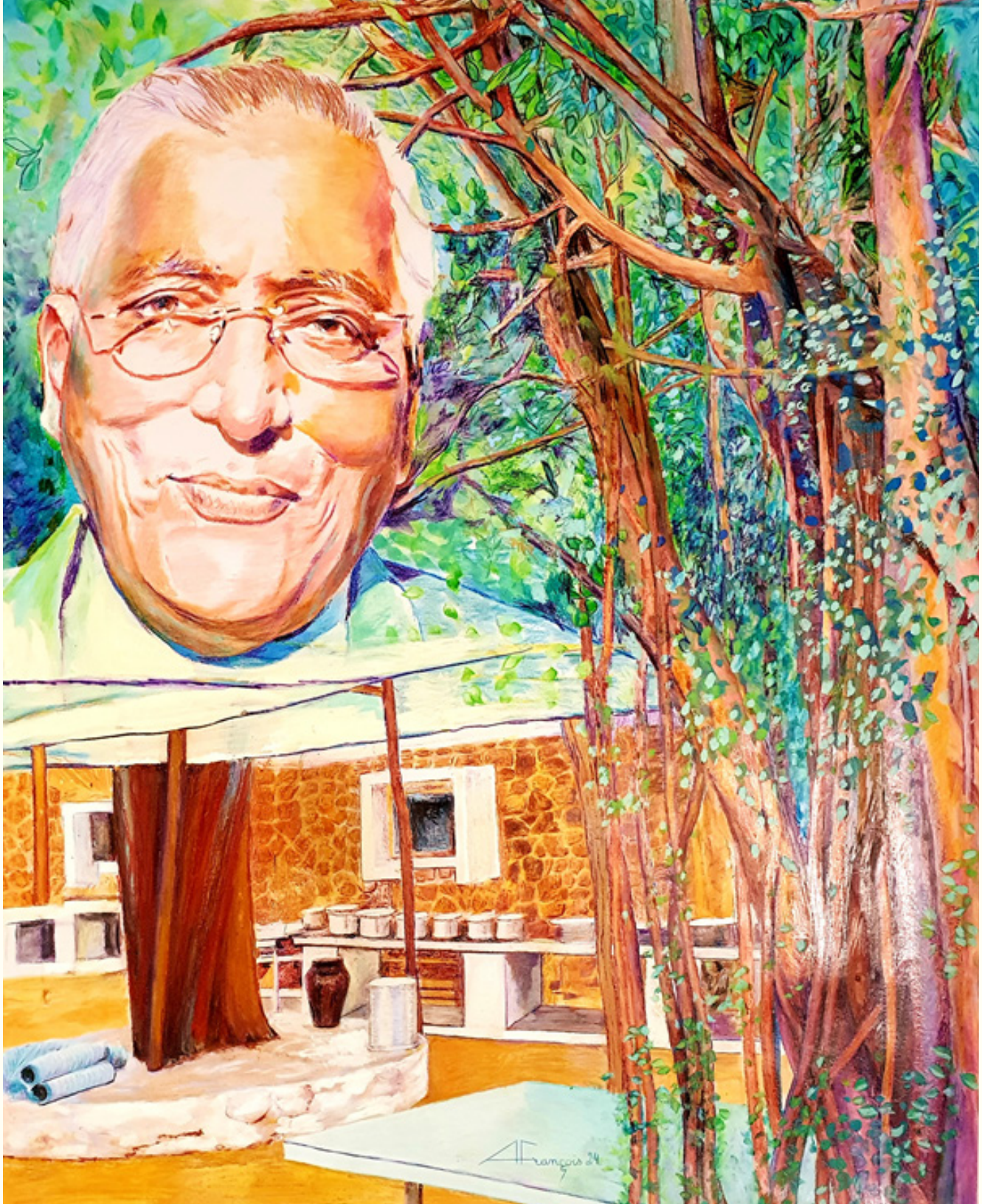


Ven. Ratnapala Thero, a revered senior monk was the Area Teacher for all of Sri Lanka. He was conducting courses at the very start of the Vipassana movement, before the time of Assistant Teachers.

Mrs. Ratwatte protecting Dhamma Kuta near Kandy, Sri Lanka.

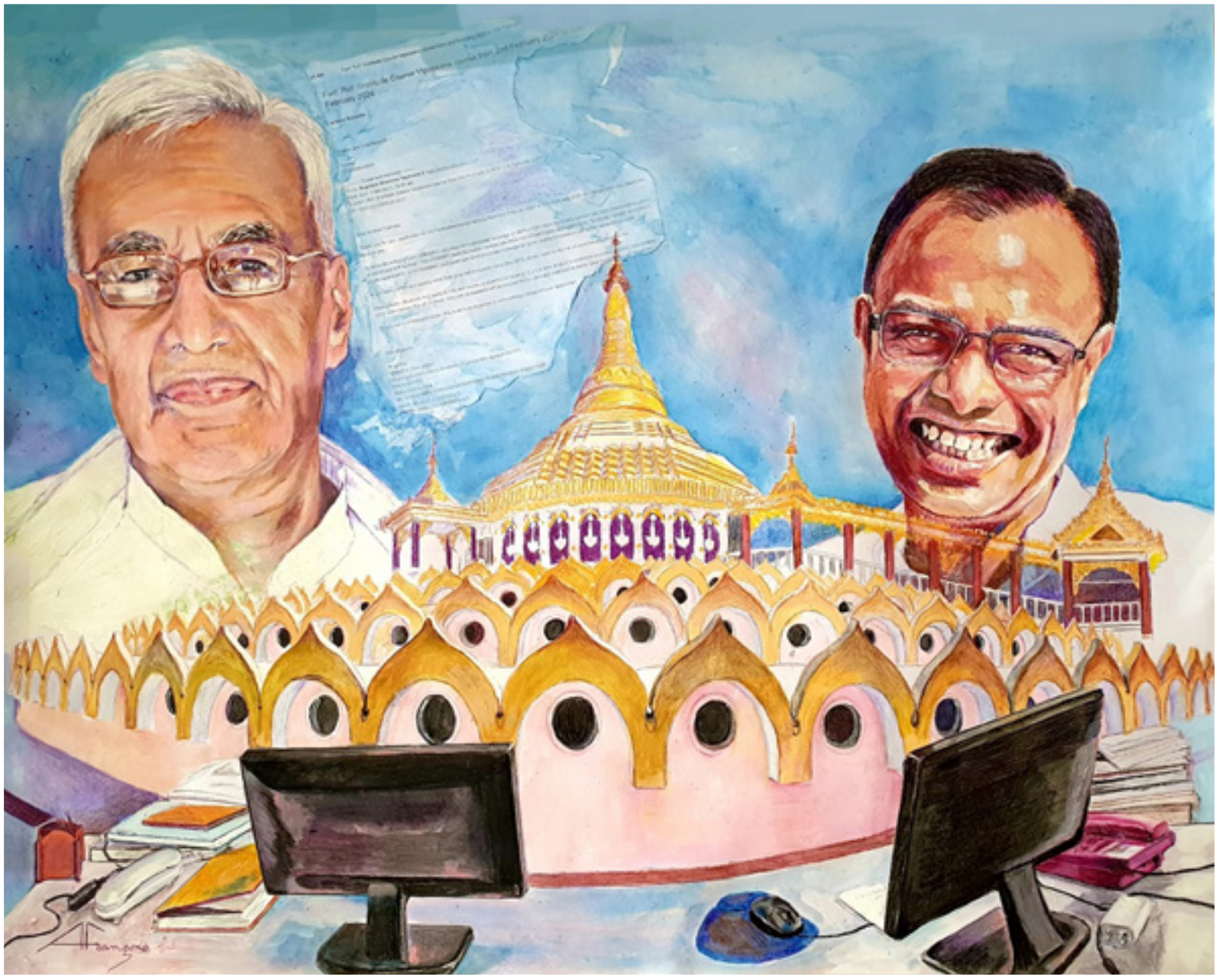
Rick Crutcher showing drawings of american style domes to Goenkaji, to crown the Dhamma Mahavana Pagoda (California). Of these the Golden Burmese dome was chosen in gratitude to Myanmar.

Madanji protecting the pagoda of Dhamma Shringa nestled in a national Park, in the foothills of the Himalayas overlooking Kathmandu (one of the purest lands of Dhamma) Guruji said: all serious meditators must at least sit one 10-Day course there.



In Dhamma Giri, from 1980, Tapariaji was responsible for the Kitchen and Dining hall. A beautiful huge banyan tree was at the entrance of the dining hall.

Premji and Maduben Savla Centre Teachers of Dhamma Giri and the two Dhamma Tapovana for almost 30 years

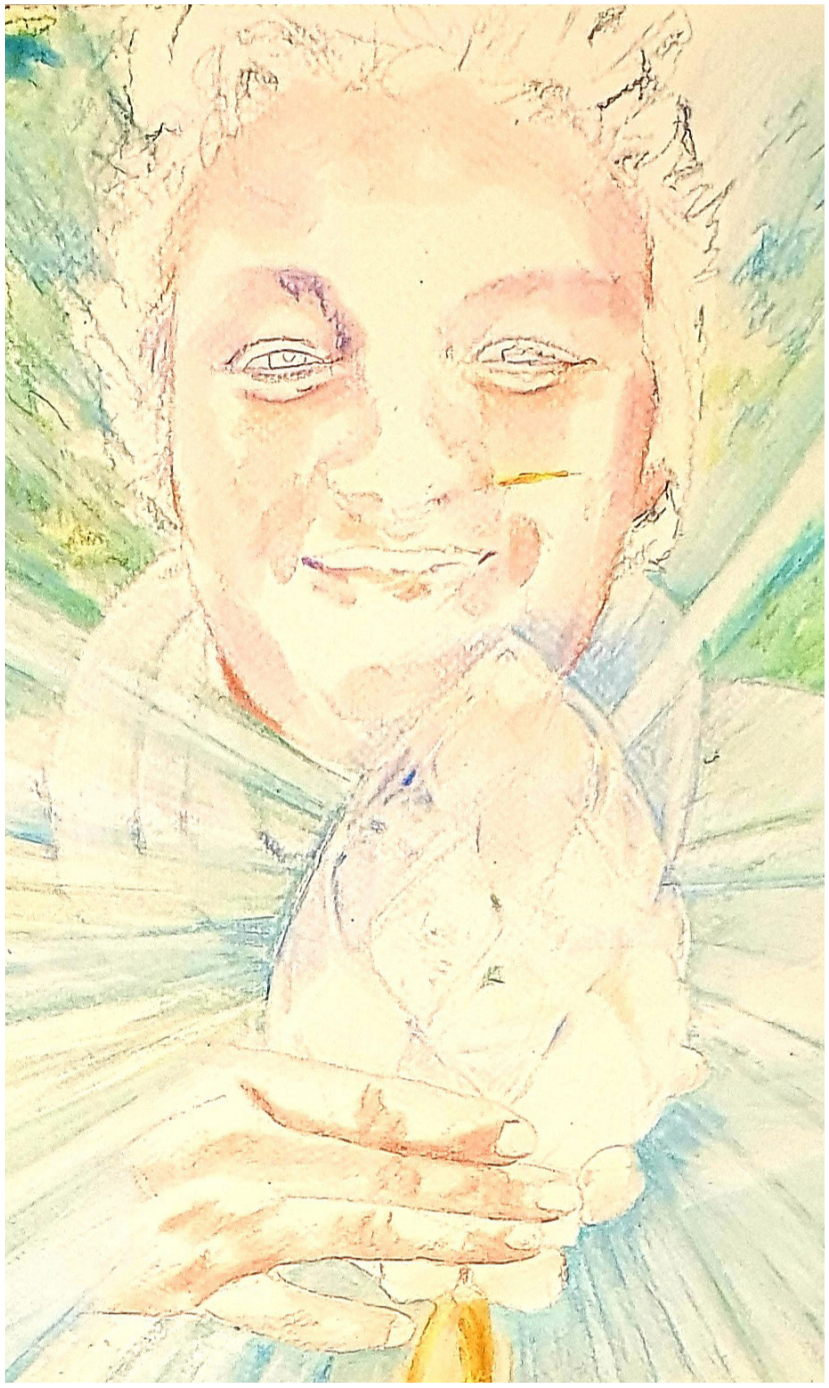


Gratitude to Dilipji and MahendraJi for managing registrations at Dhamma Giri so successfully

Mahapajapati Gautami attained Arahant hood at the age of 90, alongside 500 other Bhikkhunis. That depiction, is portraying her with the features of my beloved Shantiben, and included the faces of close friends rather than anonymous figures.

Mr Pai and Sudhir at the wedding of Raghavendra Pai. Mr Pai welcomed me in Sayagyi U Ba Khin Village, helping me like he would have helped a best friend. My deepest gratitude to him and Mr Shenoi.

Sushila Pai Centre Teacher in Dhammagiri for many years. Medium are Hand paper from Rajasthan given by Bikram Dandiya, and Albert Durer Colour pencils

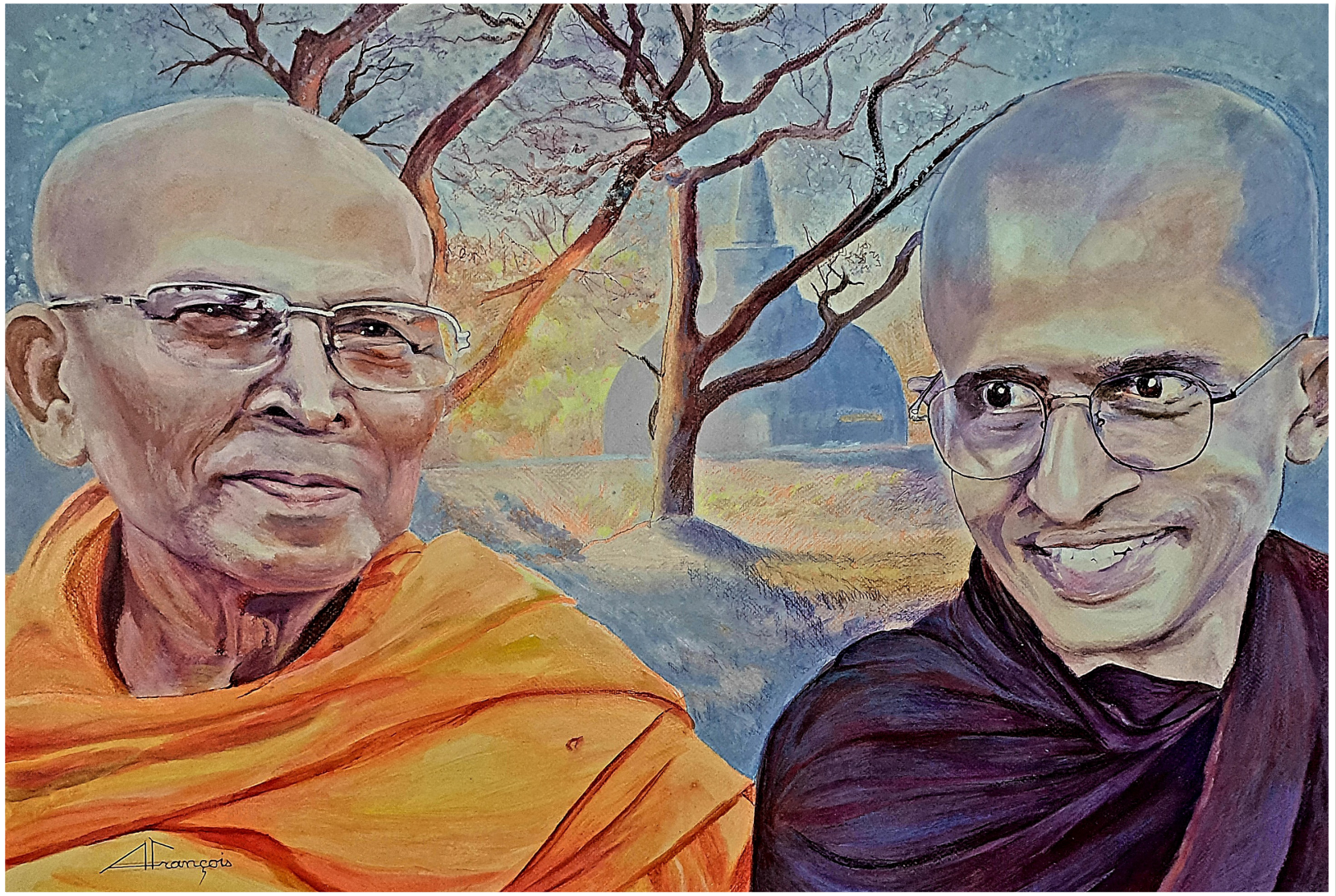


The first draft of this painting. Yet, Macarena's radiant joy and boundless kindness shine so brightly that I feel moved to include this draft alongside the final painting. Her presence adds a special warmth and Dhamma energy that deserves to be preserved.

Dhamma Sarana
Bem Vindosi

Dhamma Sarana, in São Paulo, Brazil, will be home to the very first Golden Pagoda in South America—a truly historic moment for the spread of Dhamma. The Area Teacher for Latin America, Macarena from Chile, radiates joy in the painting as she receives the crystal that will crown the Pagoda.

On the right stands our beloved friend, Robson Assise. On the left are the two devoted architects entrusted with building the Pagoda, accompanied by their supportive spouses, who are skillfully documenting this noble project through videos and web content for the Brazil Dhamma page.

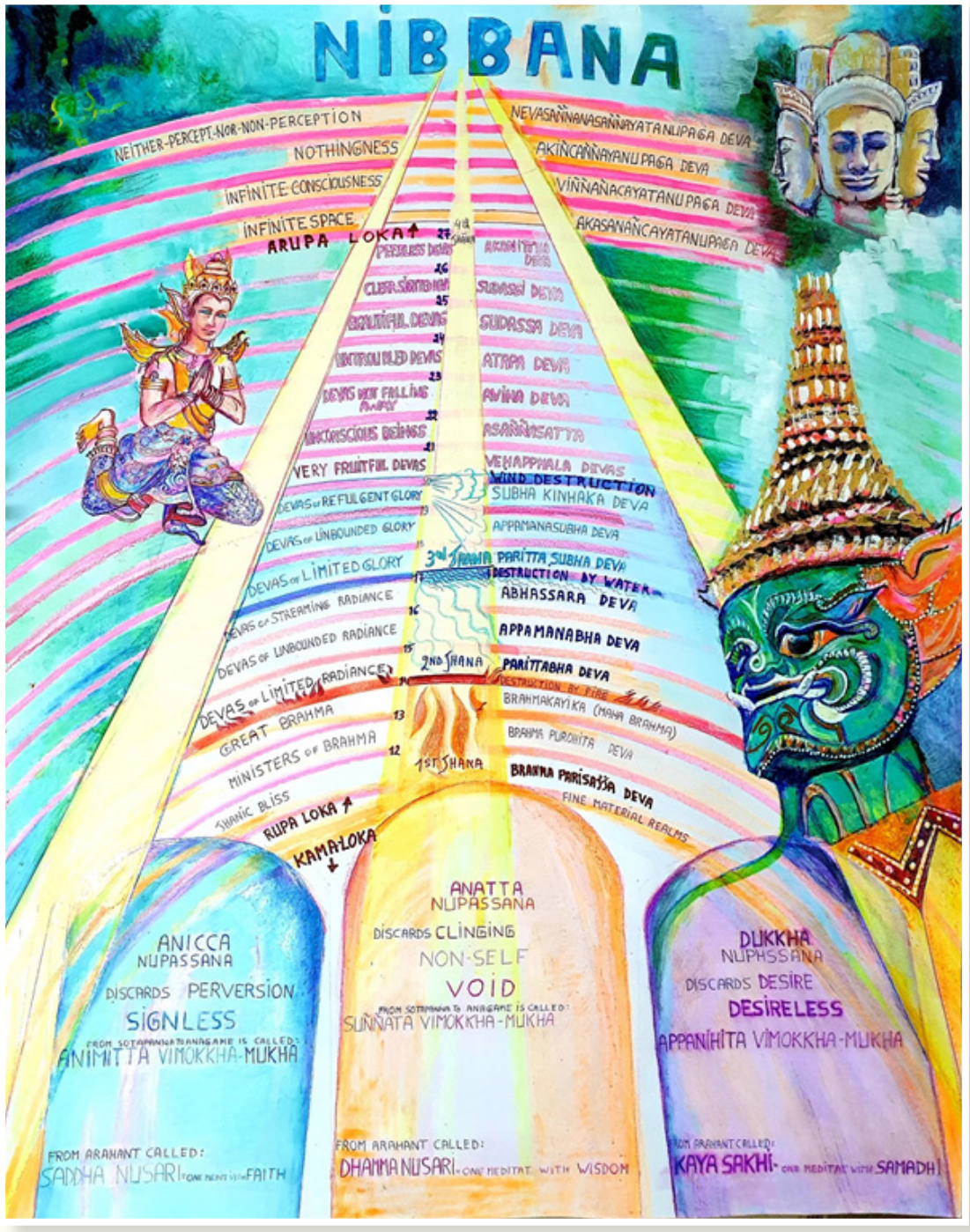


Venerable Ratanapala Thero played a pivotal role in the early days of the Vipassana movement. Before the appointment of Assistant Teachers, he was entrusted by Goenkaji to conduct courses on his behalf. For many years, he served as the Area Teacher for all of Sri Lanka. Even today, he continues to guide courses in Sri Lanka and the Far East with unwavering dedication.

Venerable Chandadhika was my classmate during the Pāli Course at VRI in Gorai, near the Global Pagoda. During our time of study, the seed of Dhamma took deep root in his heart—just as a sacred Bodhi Tree sapling from Anuradhapura (dating back to 259 BCE) was planted there. It was as if the ancient merit of that tree sprouted anew within him.

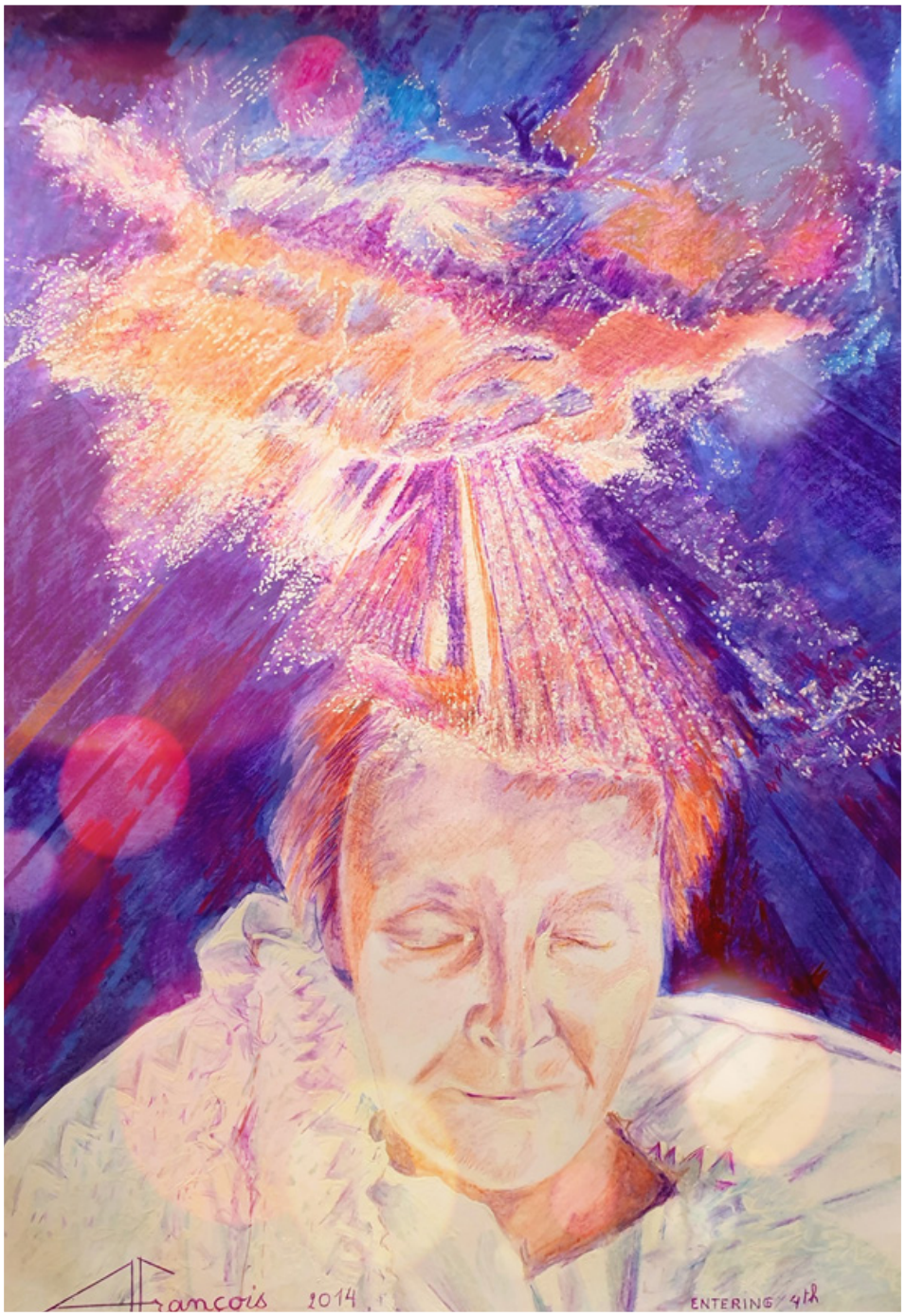
Miscellaneous

Silvano and Daniel Bungalow 22 in Sayagyi U Ba Khin Village welcomes meditators from Africa and South America.



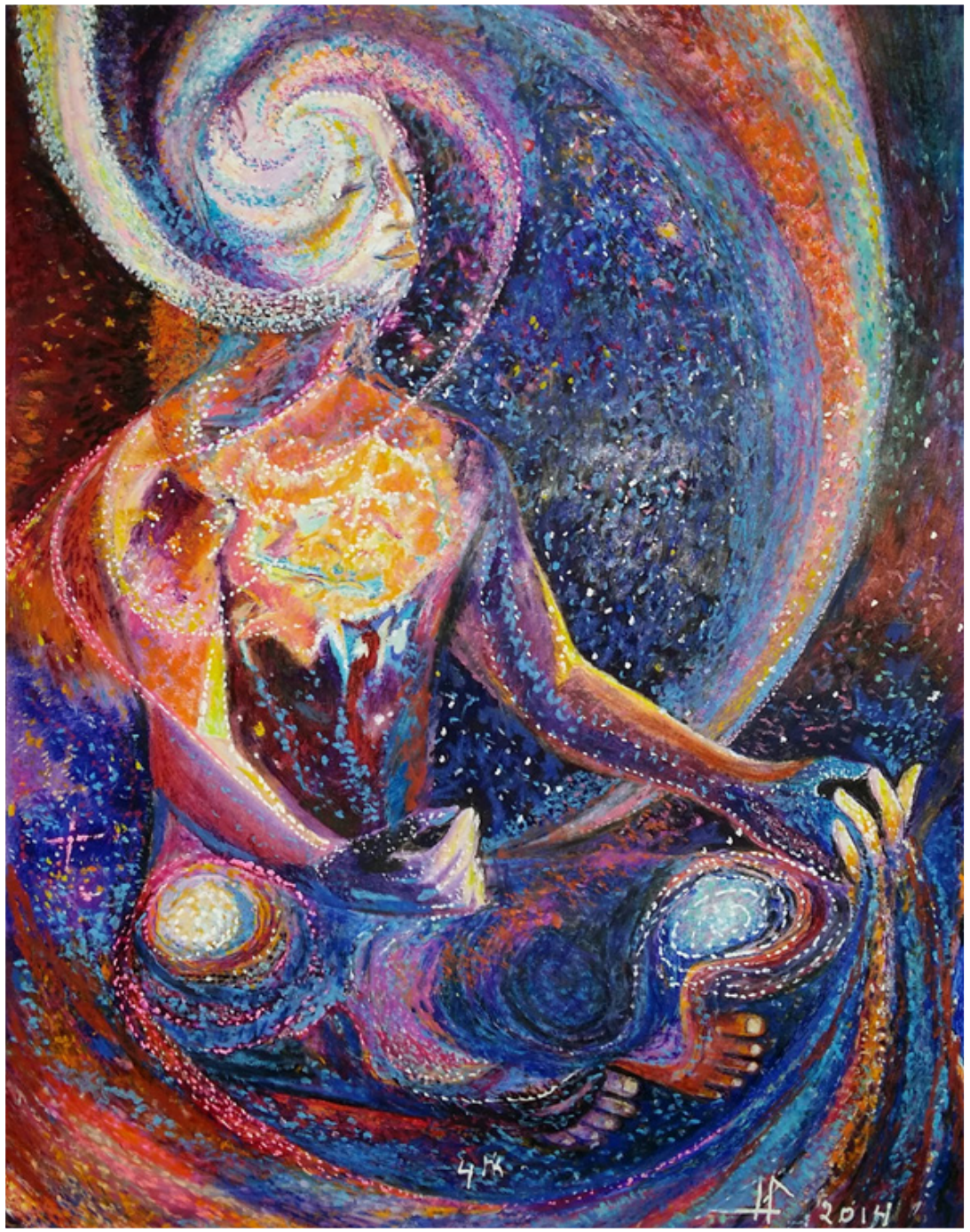
Abhidhamma: the three Gates to Nibbana, and the gradual progression to the sublime state

Along the Path cover by Kory Goldberg.

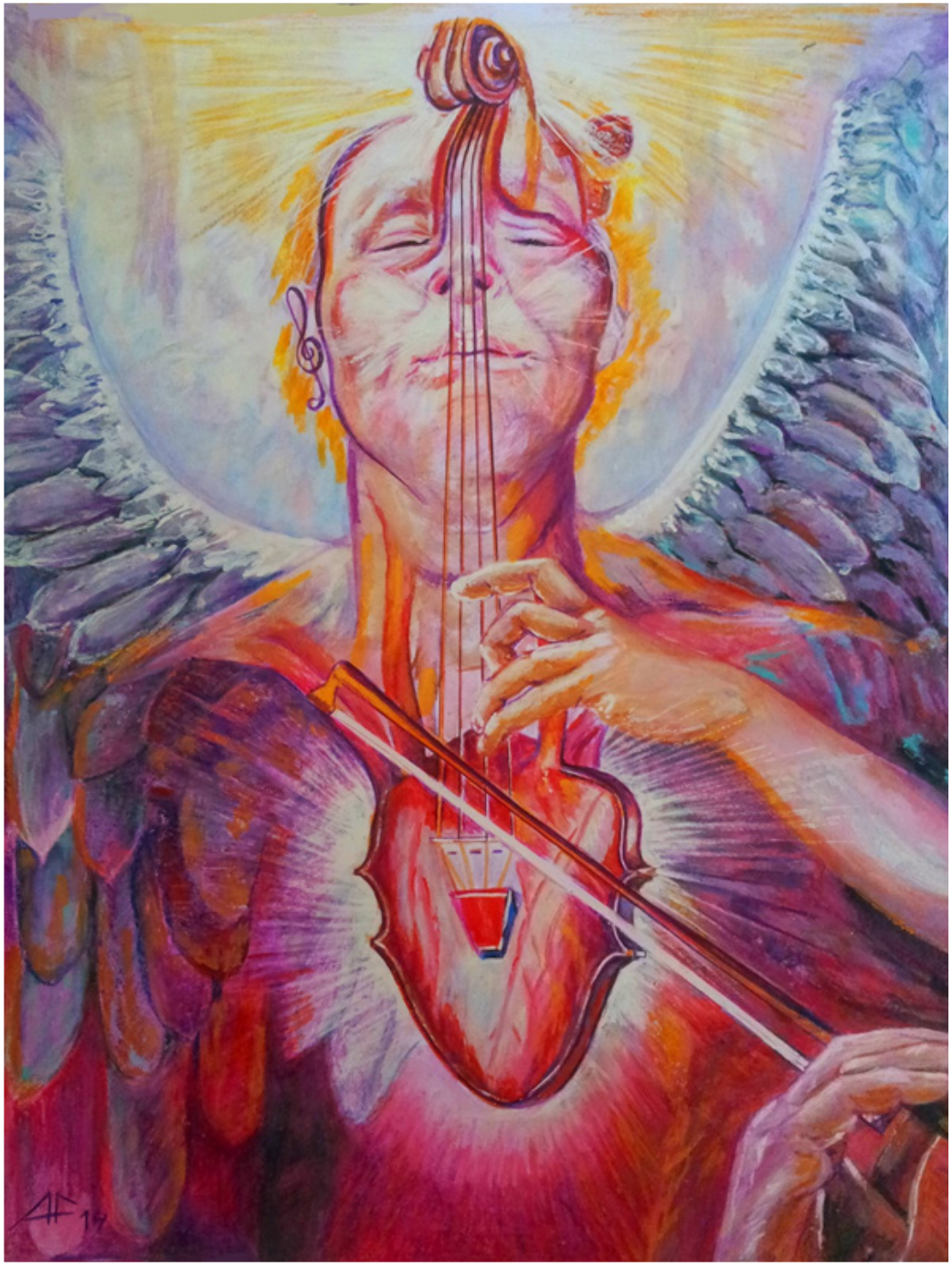


In 2017, in my kuti (meditation hut) in the majestic mountains of the Hanthana Range, at altitude of 1,500 meters, high over Kandy, maintaining silence for three months, and the top of the head opened. At the physical level, the nose keeps bleeding after deep meditations. Spiritual experiences like pleasant vapours are only steps on the Path; they always evaporate.

Seeing the Buddha not as the ENLIGHTENED one but as the ENLIGHTENER (Bhikkhu Bodhi). I paint myself on a separate paper, in order to be replaced by any friend who wishes to receive that sparkle

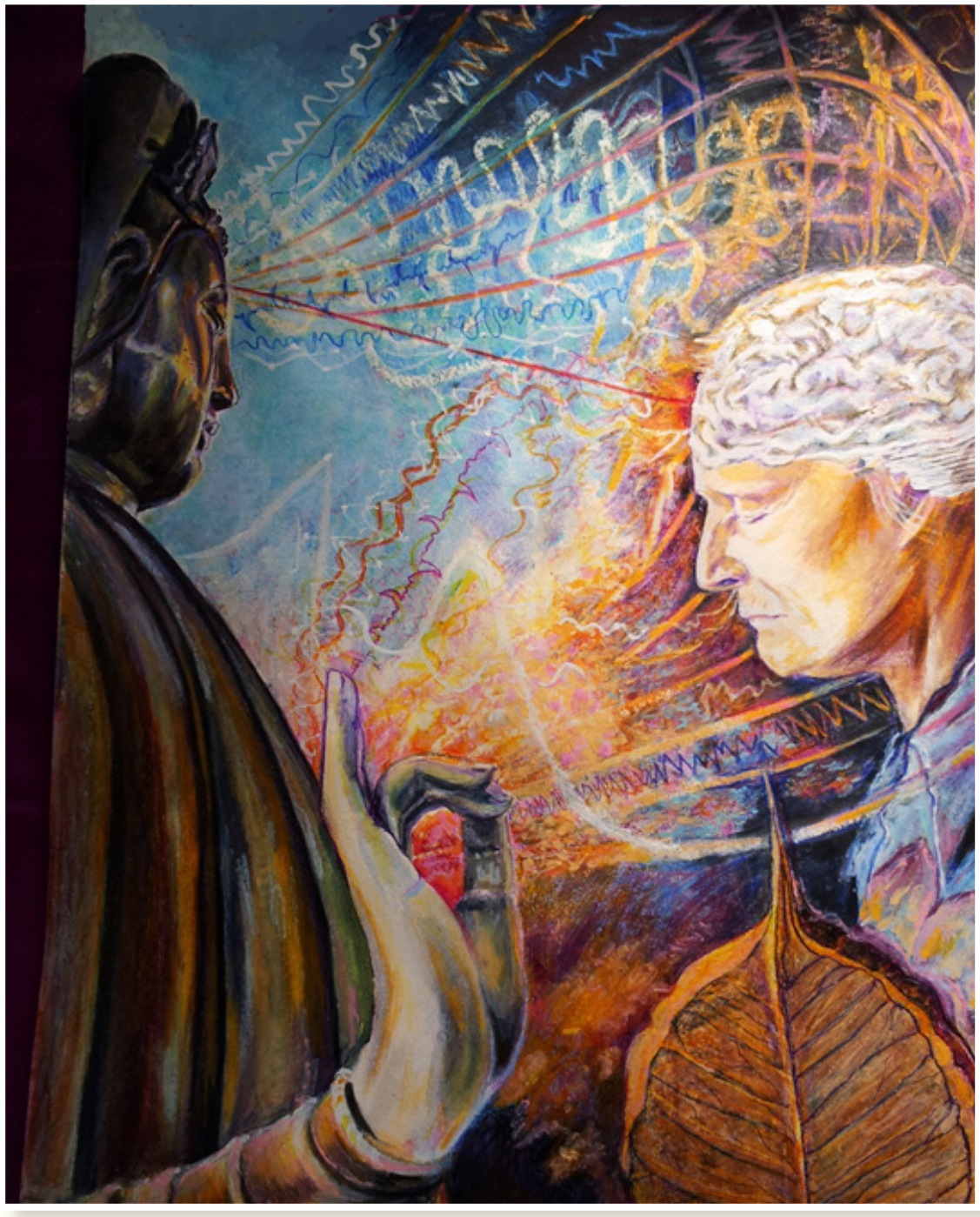


The whole UNIVERSE can be experienced in the body with the constant motion of the kalapas (smallest unit of matter)



METTA: Take all beings as the object of meditation and apply yourself to implement the four Immeasurables:

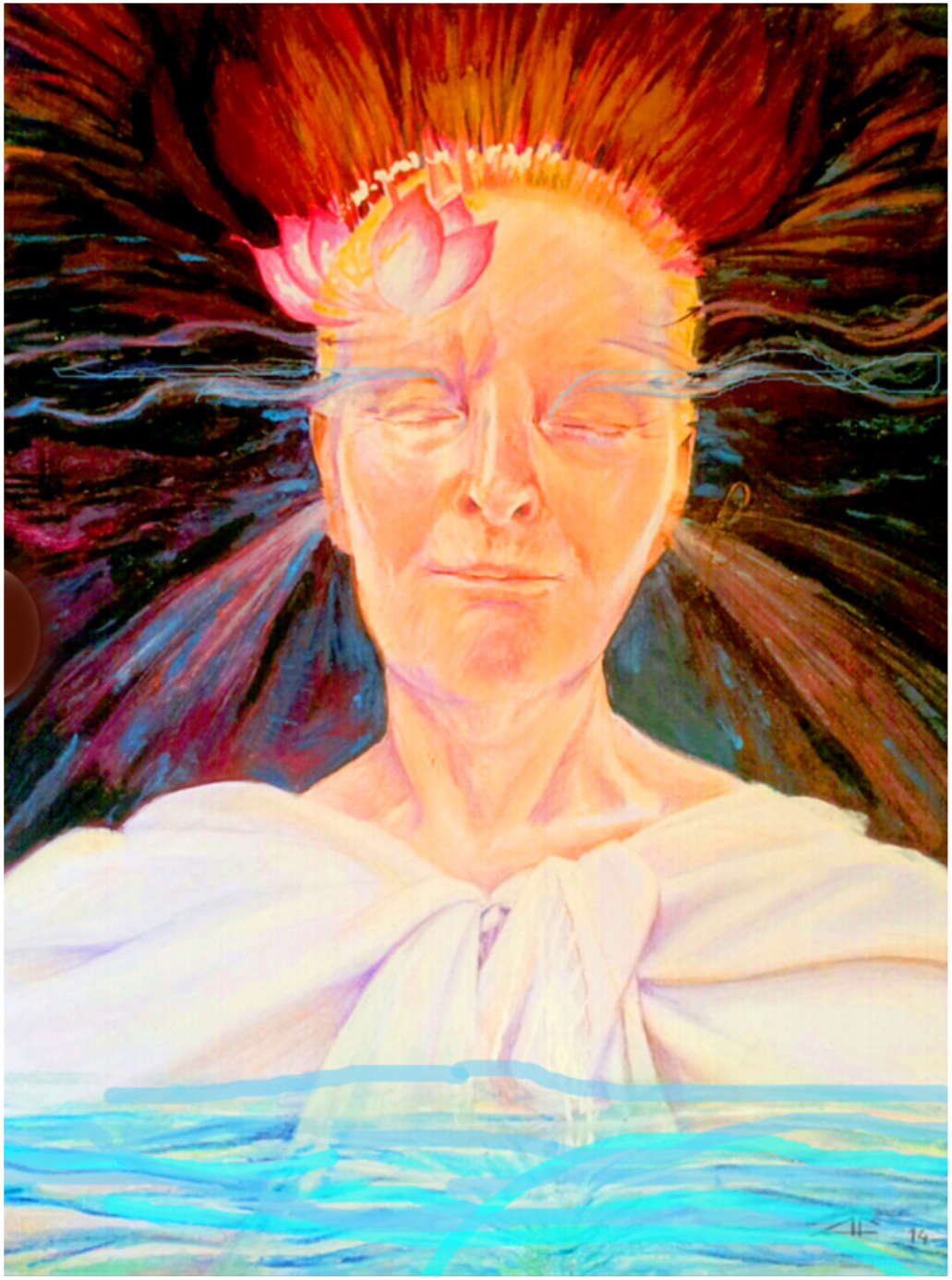
Love or the desire that all beings be happy
Compassion or the desire that they be free from suffering
Joy towards the happiness of others
Impartiality which consists of treating all beings equally, without attachment or rejection



Modern science and scanners can prove that meditation is transforming the brain by measuring the frequency (or speed) in cycles per second (Hz), and the amplitude (height) of electrical waves.

Experiencing combustion, is like being in a boiling kettle, and it lasts for two and half minutes.

Continuity is the key for success



Combustion, oscillations, vibrations.

Dhamma Dhatu : yawning
Bodhi Dhatu : burning
Nibbana Dhatu : anaesthesia from the eyelids to blank out
Metta Dhatu : heart spreading

Self-portrait in depression in Australia in 1990. Medium: oil pastels on cardboard

A nervous breakdown is like a boat sinking.

Despair

Combustions Vibrations oscillations

Last Depression before Vipassana. No Doctors could cure me, but only one 10-Day VIPASSANA Course was enough to cure me in July 1999 in Muscat, Oman, and for good! This book is the deepest expression of my GRATITUDE to S.N. Goenka, for having converted me

From a past of depression
To a balance in progression
From sadness in addiction
To happiness in full expansion

Igatpuri is a unique location in the world—the only place where three golden pagodas can be admired together: Dhamma Giri, radiating over 50 years of powerful vibrations; Dhamma Tapovana 1, with more than 20 years of dedicated practice; and Tapovana II, the masterpiece of meditative architecture. Together, they form a sacred triangle of pure Dhamma energy.

Goenkaji and his wife, Mataji, have done an exceptional job. Vipassana had been completely lost in India—the very land of its origin. And yet, through their tireless efforts, it has returned in full strength. Today, we can count 257 permanent centres and 128 non-centres across the world. This is nothing short of a Dhamma revolution.

François 25

Andree FRANCOIS and husband Claude
1st exhibition in Australia, in "Alliance Française", Sydney, in 1990